From The Core Pilates

560 first street #D~200

Benicia, Ca. 94510

exciting work outs were you'll get fit quickly, see the results and feel empowered!

707373-9245

Liability Release Form

In consideration of being allowed to participate in any way in "From The Core", Program, related events and activities, the undersigned acknowledges, appreciates and agrees that:

- 1. The risk of injury from activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
- I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releases or others, and assume full responsibility for my participation; and,
- I willingly agree to comply with the stated and customary terms and conditions for participation. If however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and.
- 4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kind, hereby release and hold harmless "From The Core"pilates, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("Releasees"), with respect to all and any injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

PARTICIPANT'S SIGNATURE	DATE
PRINT NAME	PHONE
E-MAIL ADDRESS	D.O.B
Parent/Guardian of Participant of Minority Age (U	Inder age 18 at the time of registration)
provided above, of all the Releasees, and, for myself of n	sponsibility for this participant, do consent and agree to his/her release, as ny heirs, assigns, and next of kin, I release and agree to indemnify and hold ent to my minor child's involvement or participation in these programs as the fullest extent permitted by law.
Parent/Guardian's Signature	Date
Emergency Telephone Numbers	